

FIVE THINGS YOU CAN DO TO OBSERVE NATIONAL GAY MEN'S HIV/AIDS AWARENESS DAY SEPTEMBER 27, 2015

1 Get tested for HIV

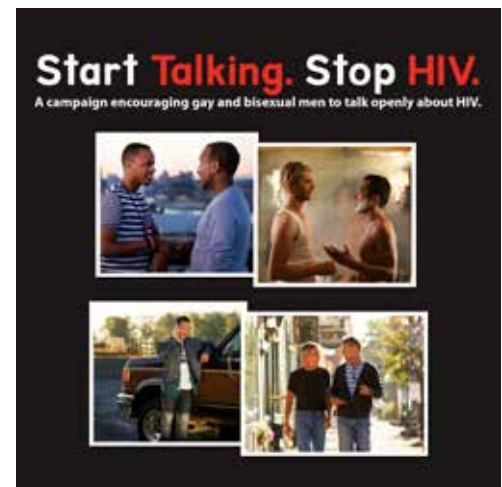
- Getting an HIV test is the only way to know if you have HIV. [Learn the basics about HIV testing \(www.cdc.gov/hiv/basics/testing.html\)](http://www.cdc.gov/hiv/basics/testing.html), including the types of tests available.
 - You can find a testing center in your area by visiting www.cdc.gov/actagainstaids, by texting your ZIP code to "KNOW IT" (566948), or by calling 1-800-CDC-INFO.
 - HIV home tests are also available www.cdc.gov/hiv/testing/hometests.html.
 - Add the testing locator widget to your website www.cdc.gov/actagainstaids/campaigns/aaa/index.html.

2 Share information about CDC's Act Against AIDS campaigns:

Start Talking. Stop HIV.

Promoting Effective Communication about HIV Prevention and Treatment Strategies Among Gay and Bisexual Men

[Start Talking. Stop HIV. \(www.cdc.gov/actagainstaids/campaigns/starttalking/\)](http://www.cdc.gov/actagainstaids/campaigns/starttalking/) seeks to reduce new HIV infections among gay, bisexual and other men who have sex with men by encouraging open discussion about a range of HIV prevention strategies and related sexual health issues between sex partners. This campaign encourages effective partner communication about HIV testing, HIV status disclosure, condom use, and the use of medicines to prevent and treat HIV to reduce transmission. Campaign materials are available in both Spanish and English.



HIV Treatment Works

[HIV Treatment Works \(www.cdc.gov/actagainstaids/campaigns/hivtreatmentworks/index.html\)](http://www.cdc.gov/actagainstaids/campaigns/hivtreatmentworks/index.html) encourages people living with HIV to get in care, start taking HIV medications, remain in care, and adhere to treatment.



Let's Stop HIV Together

Let's Stop HIV Together (www.cdc.gov/actagainstaids/campaigns/lsht/index.html) campaign raises awareness about HIV and its impact on the lives of all Americans, and fights stigma by showing that persons with HIV are real people—mothers, fathers, friends, brothers, sisters, sons, daughters, partners, wives, husbands, and coworkers. Here are just a few to watch:

- JJ and his friend Darrell
<https://www.youtube.com/embed/6UYUdl-xLPA>
- Greg Louganis and his partner Johnny
<https://www.youtube.com/watch?v=BRjBWyrDgEU&list=PL87B964CE4CF0A98C>

3 Start conversations with your partner about stopping HIV

It is important to have conversations with your partner about safer sex and healthy relationships, but that can be easier said than done. Check out [advice](http://www.cdc.gov/actagainstaids/campaigns/starttalking/convo.html) (www.cdc.gov/actagainstaids/campaigns/starttalking/convo.html) from some gay and bisexual men on how to make these conversations work.

4 Engage and promote #NGMHAAD and #StartTalkingHIV on Facebook, Twitter, and Instagram

Here are some sample posts you can use leading up to and on #NGMHAAD (including NGMHAAD poster and logo).

Share Facebook posts for #NGMHAAD

- *September 27 is National Gay Men's HIV/AIDS Awareness Day. When you know your #HIV status, you can protect yourself & your partner. Get tested together today. <http://hivtest.cdc.gov> #NGMHAAD #StartTalkingHIV*
- *Gay and bisexual men are more severely affected by HIV than any other group in the United States. Learn more about how you can protect yourself and your loved ones. <http://1.usa.gov/1GhEmZw> #StartTalkingHIV #NGMHAAD*

Sample Twitter posts NGMHAAD

- *Today is Nat'l Gay Men's #HIV/AIDS Awareness Day! Get the facts. Get tested. Get involved. #NGMHAAD*
- *On Nat'l Gay Men's HIV/AIDS Awareness Day, #knowyourstatus. #NGMHAAD*

Post Videos and Photos to Instagram

- Post a picture or video, tag [@actagainstaids](https://instagram.com/actagainstaids) (<https://instagram.com/actagainstaids>), and use the hashtags #NGMHAAD and #StartTalkingHIV.

5 Learn about ways to prevent HIV, including pre-exposure prophylaxis (PrEP)

- Today, more tools than ever are available www.cdc.gov/hiv/basics/prevention.html to prevent HIV. In addition to limiting your number of sexual partners, never sharing needles, and using condoms correctly and consistently, you may be able to take advantage of newer biomedical options such as pre-exposure prophylaxis (PrEP). www.cdc.gov/hiv/basics/prep.html